



**The solution is pretty simple: ‘I love you’ is all you have to say.**

**We have visited Mabel Katz**



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**The journalist of [Life.hu](#) interviewed the world-known master of Ho’oponopono. She wanted to know how to solve problems in her own life, such as how to deal with illness, getting old, being unable to let go or to find peace.**

As life.hu explained, **Ho’oponopono is an ancient Hawaiian method of problem solving**. The technique is really simple, and you can make your life easier by using it. When I sat down with Mabel, I wanted to talk to her about my real problems in life, so our conversation could be based on real problems while getting real answers to a problem affecting many others. I wanted to focus on everyday life situations and problems.



Mabel Katz

### **Let go!**

My grandmother has been fighting a serious illness for many years, and now she is unable to talk and move. She has been suffering so much and so has my family. I asked Mabel about how this situation could be solved and how could we let go and give her strength.

*"We never know the cause of the things happening to us. When we witness the situation, then we can change it. Maybe some people use Ho'oponopono, but are still unable to let go some situations or somebody they love. Maybe your grandmother still has a purpose to fulfill in this world. We are never going to know and understand the exact reasons, but we don't even have to. If I were you, I would talk with my grandmother and I would give her permission to go. I would thank her for everything, give her the permission, and give the situation to God.*

*Since we are all connected on a subconscious level, you do not have to be with her physically, she can hear you no matter where you are. You can talk to her anytime. Whenever there is a thought of your mother not letting go of your grandmother, it can be an inspiration from God. So instead of trying to understand it, you should just use the inspiration coming from above. Your mother and grandmother are not outside of you, they are inside of you. So when you let go of the situation, and you trust that they are going to be ok no matter what, then your problem is going to be solved. We don't use Ho'oponopono to heal anybody, but to be at peace no matter what is going on".*

## **We, women, do not love ourselves.**

I have another example from life, which is not affecting me firsthand, but it is concerning me all the time. **A lot of young women are dying from cervical cancer nowadays.** I asked Mabel what to do in a situation like that, what technique can be used against a serious illness like cancer.

*"We, women, tend to hurt ourselves a lot, we do not like who we are. The cancer is also a form of thought that we have created. The solution is Self-love, and accepting who we really are. Each and every single woman comes to Earth with a task, and we have to make ourselves aware that we do have a special role in the World. If anybody is fighting cervical cancer, then she has to say 'thank you' to the cancer, love it, and accept it. You have to show the other cheek, the cheek of love, to the cancer. Do not engage with it or fight against it. The technique is pretty simple: 'I love you' is all you have to say. That way you stop resisting it. What you resist persists".*



## **I am sure that I will find my "other half".**

After taking Mabel's trainings, people's life have changed for the better: They have become more empathetic, patient, appreciative, opened.

This is what happened to Reka, who has put this change into words:

*"Thank you for giving me the chance to participate in the training. As I work in customer service, I have to deal with people and their problems all the time. Sometimes I have to*

*face bad reactions, and it is really hard to remain a loving person in an atmosphere like that. So I went to take the training to learn to love myself, and to get a feedback, a reassurance that love can solve everything, and now I am sure of that. My customers leave my office smiling and happy, even if they have to come back for a later appointment. Mabel was fantastic, even though at first I was worried about my English not being good enough, since I haven't used it for a while. But everything was clear and understandable; I could feel the inner purity and love surrounding me. I got totally attuned. Now I raise my boy all by myself. I used to isolate myself entirely, but now I have become opened to a relationship, everything has changed, I have new opportunities and I am sure I will find my 'other half'".*